

2023-2024年度全港中學校際拯溺比賽

All Hong Kong Inter-Secondary Schools Life Saving Competition 2023-2024

[Results]

Event 1 200m Obstacle Swim		Boys Junior	Final	Record:	2:09.87	
Position	Name		School	Time	Remark	Score
1	Chan Wai Ching Adrian	陳維正	SJC	2:11.13		9
2	Chan Leong To	陳亮圖	DBS	2:12.28		7
3	Yick Sum Kiu	易森喬	DBS	2:12.68		6
4	Lee Chak Fung Jaiden	李澤楓	SJC	2:18.43		5
5	Wu Lok Kan	吳樂瑾	LSC	2:21.75		4
6	Chui Ue Haang	徐煦桁	CSWCSS	2:27.33		3
7	Ho James On	何安	SPCC	2:27.81		2
8	Lee Chung Hei	李宗禧	YWC	2:29.54		1
	Leung Hok Kiu Jason	梁學橋	YWC	2:30.00		
	Chan Yin Hang	陳彥衡	LSKCC	2:34.17		
	Cheng Tsz Leong Louie	鄭梓亮	LSC	2:35.60		
	Fan Cheuk Yiu	樊卓堯	LTFC	2:37.77		
	Edison Wong	黃子健	SPCC	2:44.90		
	Ng Tsz Tsun	伍梓浚	PLKNPL	2:48.50		
	Chung Tsz Lok	鍾子樂	LTFC	2:52.30		
	Ma Pan Kwan	馬彬焜	DLS	2:53.68		
	Lee Hong Yin	李康言	PCMS	2:55.34		
	Yau Yuet Sang	邱越生	MKMC	3:00.82		
	Wong Lucas	王諾	JCTIC	3:08.47		
	Yeung Man Chi	楊文治	PCMS	3:08.89		
	Chan Chit On Lewis	陳哲安	PKC	3:09.96		
	Tang Ngo Yat	鄧傲一	PKC	3:10.54		
	Lee Yat Yin	李逸言	LSKCC	3:12.15		
	Cheng Cheuk Kiu	鄭焯僑	CFCCH	3:16.95		
	Tso Pak Yam	曹栢欽	CFCCH	3:20.74		
	Chan Hui Hin	陳栩軒	MCDHMC	3:35.09		
	Zhang Chun Kit	張俊杰	TPSY	3:40.15		
	Lee Ho Ting	利浩霆	DLS	3:42.59		
	Lo Ka Ho	盧加浩	TPSY	4:03.41		
	Ngai Tsz Ho	魏子皓	MCDHMC	-	ABS	
	Chau Yuk Sum	周煜森	WYK	-	ABS	
	Choy Ching Yin	蔡正言	WYK	-	ABS	
	Chu Ching Yin	朱正彥	CSWCSS	-	ABS	

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[Results]

Event 2 200m Obstacle Swim		Girls Junior Final		Record: 2:19.47		
Position	Name	School		Time	Remark	Score
1	Yan Ellie	嚴晞雯	DGS	2:20.29		9
2	Wong Sze Laam Serena	黃詩嵐	DGS	2:21.02		7
3	Mathis Mya Lynn	文雪兒	HYS	2:22.47		6
4	Li Yuqing	李雨晴	HYS	2:25.60		5
5	Lan Jasmine Lauren	藍洛希	SPCC	2:27.58		4
6	Tang Tsz Ching Selina	唐子晴	PKC	2:29.86		3
7	Li Hei Man	李瑋敏	LSKCC	2:33.95		2
8	Li Ann	李安妮	MCS	2:36.55		1
	Ng Wai Ting Tiana	吳蔚廷	GHS	2:38.84		
	Zhou Ha Mi	周哈米	PCMS	2:43.35		
	Yang Grace	-	SPCC	2:44.10		
	Ding Tian	丁天	TLMSHK	2:47.36		
	Foo Hoi Yu	符凱如	GHS	2:47.45		
	Cheng Lok Ching	鄭樂澄	LTFC	2:53.69		
	Mak Yi Ching	麥苡澄	LSKCC	2:55.13		
	Yuen Ho Yau Sophie	袁可悠	PCMS	2:56.57		
	Ng Cheuk Yee	吳卓頤	JCTIC	3:01.93		
	Liu Sixing Johanna	劉思行	MCS	3:03.90		
	Au Hiu To	區曉陶	PKC	3:16.25		
	Poon Sui Yi Zoe	潘瑞怡	TLMSHK	3:23.58		
	Cheuk Hei Tung	卓希瞳	LTFC	3:46.51		
	Yuan Cho Yin	袁楚彥	TPSY	-	ABS	

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[Results]

Event 3 200m Obstacle Swim		Boys Senior Final		Record: 2:04.01		
Position	Name	School		Time	Remark	Score
1	Lu Pat Fan	盧不凡	DBS	2:02.74	New Record	9
2	Lai King Wo Barry	賴敬和	DBS	2:04.54		7
3	So Kwun Wa	蘇冠華	LTFC	2:05.65		6
4	Lee Yat Yuen Yen	李日源	LSC	2:07.91		5
5	Lin Lok Him Angus	連樂謙	SJC	2:08.22		4
6	Lau Tsz Pok	劉梓博	SJC	2:08.44		3
7	Kwong Jacob Yat Nam	鄺一藍	SPC	2:08.45		2
8	Loo Tsz Chung Berry	勞梓聰	YWC	2:13.73		1
	Lee Yat Chiu	李日照	YWC	2:14.88		
	Ip Ali	葉丞軒	LSC	2:16.03		
	Wong Sum Lam	黃森藍	CSWCSS	2:24.76		
	Wong Lok Chai	黃樂齊	WYK	2:25.06		
	Wong Tsz Ming	黃子銘	CSWCSS	2:27.08		
	Chiu Chun Hei	趙駿羲	MCDHMC	2:34.27		
	Yuen Chi Long	袁智朗	WYK	2:36.26		
	Wong Wai Cheung	黃煒翔	PKC	2:40.04		
	Lam Tsz Hin	林梓軒	LSKCC	2:44.02		
	Leung Yik Lam	梁翊藍	JCTIC	2:45.21		
	Lau Chun Hei	劉駿銑	NYSS	2:47.36		
	Cheng Yuet Kwan	鄭鈺堃	PKC	2:48.07		
	Chan Yiu Cho	陳耀祖	TSSS	2:52.66		
	Ho Cheuk Kiu	何卓橋	TSSS	2:54.05		
	Ho Wing Fai	何永輝	MCDHMC	2:55.25		
	Li Junyan Aaron	李俊延	SPCC	2:57.68		
	Wong Long Hymn Joshua	王朗謙	PCMS	3:01.73		
	Ng Yu Hin	吳宇軒	LSKCC	3:05.40		
	Lam Wai Yiu	林煒堯	SPCC	3:06.76		
	Tang Pak Ho	鄧百豪	DLS	3:10.51		
	Ngo Pak Hei	敖柏熙	JCTIC	3:17.06		
	Nip Long Ho Adrian	聶朗皓	PCMS	3:22.52		
	Chan Hoi Tou Toffy	陳颯秣	PLKNPL	3:28.10		
	Hui Sui Wah	許瑞華	LC	-	ABS	
	Luk Chun Ming	陸俊銘	LTFC	-	ABS	
	Yeung Chi Kit	楊志傑	HFTC	-	ABS	
	Leung Pak Hei	梁柏熙	SPC	-	ABS	

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[Results]

Event 4 200m Obstacle Swim		Girls Senior Final		Record: 2:17.05		
Position	Name	School		Time	Remark	Score
1	Ma Gilaine	馬紫玲	DGS	2:13.58	New Record	9
2	Ma Tsz Tsing Ashley	馬梓晴	DGS	2:16.05	New Record	7
3	Ng Sze Kwan	吳思鑾	HYS	2:20.75		6
4	Wong Hoi Wai	黃凱蔚	LTFC	2:22.03		5
5	Law Wai Lam	羅葦霖	GHS	2:25.09		4
6	Ng Suet Ying	伍雪盈	PCMS	2:34.66		3
7	Yung Hoi Ying	翁凱瑩	GHS	2:41.32		2
8	Yau, Tsoi Man	邱采汶	CREATIVE	2:42.54		1
	Wong Wing	黃穎	HYS	2:43.32		
	Ko Alanis Joyce	高喬思	MCS	2:45.17		
	Chan Peony	陳青曼	LTFC	2:47.92		
	Ng Cho Wun	伍楚媛	SPCC	2:53.19		
	Chan So Ching Joyce	陳沝晴	PKC	2:53.83		
	Tso Ka Yu	曹嘉瑜	SPCC	2:56.17		
	Hung Wing Yin	洪泳妍	PKC	2:56.79		
	Wong Cheuk Yan Danielle	王卓恩	MCS	2:59.42		
	Chan Hoi Yi	陳凱怡	JCTIC	3:08.23		
	Lau Kar Kei	劉嘉淇	TLMSHK	3:08.59		
	Chui Tsz Ching	崔子晴	NYSS	3:14.40		
	Wong Sze Wun	黃思媛	LSKCC	3:16.91		
	Yeung Wai Ching	楊淮晴	VC	3:23.44		
	Chan Yuet Yi	陳玥爾	PCMS	3:25.75		
	Fung Tsz Ching Christy	馮籽晴	TLMSHK	3:32.88		
	Lee Wai Ling	李慧羚	LSKCC	4:01.21		
	Huang Apple	黃樂兒	DLS	-	ABS	
	Lau Amanda	劉美德	JCTIC	-	ABS	
	Leung Yan Yu	梁恩瑜	HoYu	-	ABS	
	Mak Nga Yin	麥雅然	VC	-	ABS	

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[Results]

Event 5	Line Throw	Boys Junior	Final	Record:	18.89
Position	Name	School	Time	Remark	Score
1	St. Paul's Co-educational College	SPCC	15.046	H.T. & New Record	18
2	St. Joseph's College	SJC	15.58	New Record	14
3	De La Salle Secondary School N.T.	DLS	23.78		12
4	MKMCF Ma Chan Duen Hey Memorial College	MCDHMC	28.96		10
5	Caritas Fanling Chan Chun Ha Secondary School	CFCCH	41.18		8
6	Ying Wa College	YWC	41.96		6
	Diocesan Boys' School	DBS	-	DQ	
	Tai Po Sam Yuk Secondary School	TPSY	-	DQ	
	Buddhist Tai Hung College	BTHC	-	DNF	
	Lam Tai Fai College	LTFC	-	DNF	
	Jockey Club Ti-I College	JCTIC	-	DNF	
	Pui Ching Middle School	PCMS	-	DNF	
	STFA Lee Shau Kee College	LSKCC	-	DNF	
	Cheung Sha Wan Catholic Secondary School	CSWCSS	-	DNF	
	La Salle College	LSC	-	DNF	
	Pui Kiu College	PKC	-	DNF	

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[Results]

Event 6 Line Throw		Girls Junior Final	Record: 27.71		
Position	Name	School	Time	Remark	Score
1	Diocesan Girls' School	DGS	18.99	New Record	18
2	Jockey Club Ti-I College	JCTIC	24.10	New Record	14
3	True Light Middle School of Hong Kong	TLMSHK	39.27		12
	Lam Tai Fai College	LTFC	-	DNF	
	Maryknoll Convent School	MCS	-	DNF	
	Heep Yunn School	HYS	-	DNF	
	Good Hope School	GHS	-	DNF	
	Tai Po Sam Yuk Secondary School	TPSY	-	DNF	
	St. Paul's Co-educational College	SPCC	-	DNF	
	Pui Kiu College	PKC	-	DNF	
	Pui Ching Middle School	PCMS	-	DNF	
	STFA Lee Shau Kee College	LSKCC	-	ABS	

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[Results]

Event 7 Line Throw		Boys Senior Final		Record:	19.60
Position	Name	School	Time	Remark	Score
1	Wah Yan College (Kowloon)	WYK	17.52	New Record	18
2	Ying Wa College	YWC	18.38	New Record	14
3	CCC Ming Kei College	MKC	18.73	New Record	12
4	St. Joseph's College	SJC	19.00	New Record	10
5	St. Margaret's Co-Educational English Secondary and Primary School	SMCESPS	19.57	New Record	8
6	Po Leung Kuk Ngan Po Ling College	PLKNPL	20.90		6
7	STFA Lee Shau Kee College	LSKCC	21.68		4
8	Pui Kiu College	PKC	22.98		2
	La Salle College	LSC	24.98		
	Po Leung Kuk Ho Yuk Ching (1984) College	PLKHYC	28.41		
	Jockey Club Ti-I College	JCTIC	29.54		
	PLK Ma Kam Ming College	MKMC	42.31		
	Buddhist Tai Hung College	BTHC	-	DQ	
	MKMCF Ma Chan Duen Hey Memorial College	MCDHMC	-	DNF	
	Diocesan Boys' School	DBS	-	DNF	
	Lam Tai Fai College	LTFC	-	DNF	
	Ng Yuk Secondary School	NYSS	-	DNF	
	Pui Ching Middle School	PCMS	-	DNF	
	Tai Po Sam Yuk Secondary School	TPSY	-	DNF	
	St. Paul's College	SPC	-	DNF	
	Cheung Sha Wan Catholic Secondary School	CSWCSS	-	DNF	
	Lions College	LC	-	ABS	
	St. Paul's Co-educational College	SPCC	-	ABS	

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[Results]

Event 8	Line Throw	Girls Senior	Final	Record:	14.52
Position	Name	School	Time	Remark	Score
1	Diocesan Girls' School	DGS	18.51		18
2	Pui Ching Middle School	PCMS	22.06		14
3	Good Hope School	GHS	22.07		12
4	Ng Yuk Secondary School	NYSS	23.85		10
5	True Light Middle School of Hong Kong	TLMSHK	31.94		8
6	Heep Yunn School	HYS	38.74		6
	Jockey Club Ti-I College	JCTIC	-	DNF	
	Stewards Pooi Kei College	SPKC	-	DNF	
	Pui Kiu College	PKC	-	DNF	
	Lam Tai Fai College	LTFC	-	DNF	
	Tai Po Sam Yuk Secondary School	TPSY	-	DNF	
	MKMCF Ma Chan Duen Hey Memorial College	MCDHMC	-	DNF	
	Valtorta College	VC	-	DNF	
	Maryknoll Convent School	MCS	-	DNF	
	STFA Lee Shau Kee College	LSKCC	-	DNF	
	St. Paul's Co-educational College	SPCC	-	DNF	
	Creative Secondary School	CREATIVE	-	DNF	

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[Results]

Event 9 100m Rescue Medley		Boys Junior Final		Record: 1:14.39		
Position	Name		School	Time	Remark	Score
1	Han Pak Kiu	韓柏喬	DBS	1:15.44		9
2	Lau Ka Long	劉家朗	DBS	1:18.05		7
3	Chan Wai Ching Adrian	陳維正	SJC	1:18.70		6
4	Tam Sing Hin	譚乘軒	YWC	1:19.01		5
5	Yip Nathan	葉展希	YWC	1:21.66		4
6	Chong Hin Yeung	鍾顯揚	SJC	1:23.08		3
7	Li Yat Hei	李逸熙	LSC	1:24.11		2
8	Sum Alfred Kyle	沈逸熹	SPCC	1:24.83		1
	Yang Ming Xuan	楊銘軒	LSC	1:31.25		
	Chan Yin Hang	陳彥衡	LSKCC	1:38.30		
	Yao Wei Hao	姚瑋豪	PKC	1:42.69		
	Wong Aldo	黃恩銘	LTFC	1:43.01		
	Chui Ho Yeung	徐皓暘	JCTIC	1:43.66		
	Wong Tin Chak	黃天澤	JCTIC	1:47.65		
	Kwok Wing Hin Raymond	-	SPCC	1:51.98		
	Wan Wai Lam	溫蔚林	LSKCC	1:53.69		
	Wan Lok Him	尹樂謙	PCMS	-	DQ	
	So Ka Ho	蘇家昊	CSWCSS	-	DQ	
	Lau Chun Yu	劉浚宇	CSWCSS	-	DQ	
	Wong Yuen Pan	王炫斌	PKC	-	DNF	
	Ma Chun Hei Sidney	馬俊熹	TPSY	-	ABS	
	Ye Chung Yui	葉松叡	PCMS	-	ABS	
	Tang Kak Shing Adrian	鄧格承	LTFC	-	ABS	

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[Results]

Event 10 100m Rescue Medley		Girls Junior Final		Record: 1:31.14		
Position	Name	School		Time	Remark	Score
1	Leung Evita Yan	梁慇	DGS	1:27.01	New Record	9
2	Yiu Sum Yin	姚沁言	DGS	1:27.55	New Record	7
3	Wong Hei Ching Henrietta	黃晞晴	HYS	1:27.97	New Record	6
4	Lam Tsz Ying	林梓英	PCMS	1:36.87		5
5	Fung Hoi Lui	馮凱薈	GHS	1:39.99		4
6	Tang Tsz Ching Selina	唐子晴	PKC	1:40.34		3
7	Chan Pui Ka	陳沛嘉	HYS	1:45.09		2
8	Zhou Ha Mi	周哈米	PCMS	1:52.50		1
	Chan Wing Yan Abigail	陳穎昕	SPCC	1:54.17		
	Lee Wing Yau	李泳悠	TLMSHK	1:57.02		
	Leung Ka Yeung	梁嘉洋	JCTIC	2:00.71		
	Cheung Cheuk Yiu Vanessa	張焯堯	LSKCC	2:33.31		
	Wong Tsz Huen	黃子萱	SPCC	-	DQ	
	Si Ah Ching Taylor	施亞澄	MCS	-	DQ	
	Chan Tsz Kiu	陳梓喬	PKC	-	DQ	
	Mak Stacey	麥錦茵	MCS	-	DQ	
	Cheung Hoi Ting	張愷廷	TLMSHK	-	DQ	
	Pang In Lui Trinity	彭倪薈	GHS	-	DQ	

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[Results]

Event 11 100m Rescue Medley		Boys Senior Final		Record: 1:13.03		
Position	Name	School		Time	Remark	Score
1	Leung Lok Hei	梁洛熙	TCSS	1:08.35	New Record	9
2	Lai King Wo Barry	賴敬和	DBS	1:11.08	New Record	7
3	Chau Wesley	周泓匡	SJC	1:11.24	New Record	6
4	Yau Pak Ho	丘栢濠	DBS	1:11.62	New Record	5
5	Siu To	蕭濤	YWC	1:13.77		4
6	Lin Lok Him Angus	連樂謙	SJC	1:15.91		3
7	Wan Michael Tsz Shun	溫梓淳	LSC	1:17.67		2
8	Ng Ming Ip Ethan	吳銘燁	YWC	1:17.77		1
	Law Lok Hei	羅樂熙	SPC	1:18.31		
	Li Yui Tak Elton	李睿德	LSC	1:20.74		
	Kwok Man To Cedric	郭文韜	SPCC	1:23.20		
	Wong Lok Chai	黃樂齊	WYK	1:26.80		
	Ng Cheuk Yin	吳卓彥	CSWCSS	1:29.49		
	Luk Man Him	陸文謙	LTFC	1:31.83		
	Chang Hok Hin	鄭學軒	CSWCSS	1:36.16		
	Kwan Lai Kei Wesley	關禮麒	TSSS	1:37.94		
	Leung Kwan Wa Matthew	梁鈞樺	PKC	1:37.94		
	Wong Tin Tik	黃天迪	JCTIC	1:39.01		
	Li Pak Yin	李柏賢	JCTIC	1:40.43		
	Ng Kai Yin	吳啟彥	LTFC	1:40.77		
	Lee Chun Sun	李俊榮	SPC	1:46.52		
	Kwok Siu Hin	郭筱騫	LSKCC	-	DQ	
	Hui Lok To	許樂淘	PKC	-	DQ	
	Lee Chun Him	李俊謙	PCMS	-	DQ	
	Ye Chung Wan	葉松昀	PCMS	-	ABS	
	Yeung Chi Kit	楊志傑	HFTC	-	ABS	

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[Results]

Event 12 100m Rescue Medley		Girls Senior Final		Record:	1:20.66	
Position	Name	School		Time	Remark	Score
1	Chan Tsz Ching	陳芷晴	HYS	1:23.40		9
2	Lau Yui Sze	劉睿思	HYS	1:26.45		7
3	Cheung Nga Yin Jodie	張雅然	DGS	1:26.51		6
4	Uhi Viviana Marise	丘琦	DGS	1:32.85		5
5	Lam Azland Chi Yeung	林資洋	GHS	1:36.36		4
6	Au Sin Yiu	區羨堯	GHS	1:36.75		3
7	Hui Choi Yan	許在炘	PCMS	1:38.54		2
8	Ting Sin Heng Shannon	丁善珩	SPCC	1:40.77		1
	Hui Hiu Naam	許曉嵐	JCTIC	1:42.74		
	Ho Yui Ki Yoki	何睿琪	SPCC	1:42.96		
	Hung Wing Yin	洪泳妍	PKC	1:51.12		
	Lee Mei Yin	李美妍	LTFC	1:55.35		
	Tang Hiu Tung	鄧曉桐	JCTIC	2:07.34		
	Chu Tsz Wing	朱芷穎	TLMSHK	2:07.76		
	Lo Lok Yi	羅樂宜	MCS	2:13.057	Hand Time	
	Leung Hoi Lam	梁凱琳	CREATIVE	2:16.44		
	Ngor Hui Wa Jacqueline	柯栩華	PCMS	2:22.66		
	Tong Sin Hanglean Yiyi	練一一	LTFC	-	DQ	
	Lee Sum Yin	李芯賢	TLMSHK	-	DQ	
	Chan So Ching Joyce	陳沅晴	PKC	-	DQ	

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[Results]

Event 13 100m Manikin Carry with Fins Boys Junior Final				Record:	1:01.24	
Position	Name	School		Time	Remark	Score
1	Zhu Xiuping	朱修平	SJC	59.96	New Record	9
2	Chan Leong Medwin	陳亮	DBS	1:03.06		7
3	Chong Tik Hei Dick	莊迪晞	SJC	1:05.26		6
4	Lam Tsz Yeung	林子揚	DBS	1:07.24		5
5	Lam Cheuk Ting	林卓霆	LSC	1:11.01		4
6	Ho Hei Yin Ryan	何曦賢	YWC	1:12.09		3
7	Tsang Pak Kiu	曾柏橋	LSC	1:13.10		2
8	Leung Hok Kiu Jason	梁學橋	YWC	1:13.61		1
	Ma Hoi Fan	馬凱勳	PCMS	1:16.87		
	Yan Ho Yeung Ronald	殷皓陽	SPCC	1:21.86		
	Lee Hong Yin	李康言	PCMS	1:22.98		
	Wong Chak Yan	黃澤仁	SPCC	1:25.76		
	Yao Wei Hao	姚瑋濠	PKC	1:28.49		
	Yip Kim Fung	葉劍鋒	LTFC	1:31.32		
	Chan Wang Fung	陳弘豐	TPSY	1:36.74		
	Wan Wai Lam	溫蔚林	LSKCC	1:41.24		
	Leung Jeongwoo	梁禎祐	PKC	1:43.19		
	Au Hei Lim	歐晞簾	LSKCC	1:45.85		
	Huang Wang Ngai	黃弘毅	TPSY	1:51.08		
	Lau Chun Yu	劉浚宇	CSWCSS	1:54.30		
	Tsui Pak Yin	徐栢言	JCTIC	1:58.89		
	Lee Ho Ting	利浩霆	DLS	-		DQ
	Chung Tsz Hei	鍾子希	LTFC	-		ABS
	Wong Yu Hei	王汝熙	JCTIC	-		ABS

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[Results]

Event 14 100m Manikin Carry with Fins Girls Junior Final				Record:	1:08.02	
Position	Name		School	Time	Remark	Score
1	Lee Cynthia Shin Kiu	李善喬	DGS	1:08.93		9
2	Ho Pui Yan	何佩恩	HYS	1:09.37		7
3	Leung Evelyn Yi	梁懿	DGS	1:10.02		6
4	Ho Tsz Tung	何梓桐	HYS	1:14.03		5
5	Chung Wing Sum Hazel	鍾詠芯	GHS	1:14.74		4
6	Lee Hau Ting	李考庭	GHS	1:18.46		3
7	Fung Hei Yiu Hayley	馮晞搖	SPCC	1:30.26		2
8	Tang Tsz Kiu Xenia	鄧紫蕎	JCTIC	1:30.81		1
	Leung Sum	梁芯	JCTIC	1:35.53		
	Wong Yung Ching Charmaine	黃雍晴	TLMSHK	1:35.98		
	Chan Sze Nok	陳詩諾	MCS	1:38.84		
	Wong Ka Lam	黃嘉琳	PCMS	1:41.70		
	Yuen Ho Yau Sophie	袁可悠	PCMS	1:43.16		
	Mok Sum Yi	莫心怡	LSKCC	1:51.47		
	Chan Yan Ki	陳恩祈	TLMSHK	2:00.41		
	Chan Tsz Kiu	陳梓喬	PKC	2:02.85		
	Tam Hau Tung	譚考桐	LSKCC	2:03.42		
	Liu Shannon Lai Yin	廖澧嫻	SPCC	2:04.28		
	Jim Tsz Ki	詹子淇	MCS	-	DQ	
	Chiu Man Ching	趙敏晴	TPSY	-	ABS	

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[Results]

Event 15 100m Manikin Carry with Fins Boys Senior Final				Record:	55.88	
Position	Name	School		Time	Remark	Score
1	Chan Austin	陳柏江	SJC	53.53	New Record	9
2	Cheng Chun Hong	鄭竣匡	SJC	56.43		7
3	Chan Ka Wing	陳嘉嶸	LKS	57.27		6
4	Lo Tsz Lam	盧梓霖	DBS	57.37		5
5	Chan Sze Long	陳思朗	JCTIC	58.48		4
6	Keung Pui Nam	姜貝楠	SPC	59.26		3
7	Wu Yin To	胡彥韜	YWC	1:02.35		2
8	Chong Chin Hin	鍾展軒	JCTIC	1:03.12		1
	Cheng Hoi Kei	鄭海岐	CSWCSS	1:03.24		
	Leung Pak Hei	梁柏熙	SPC	1:05.53		
	So Chun Hin	蘇俊軒	DBS	1:06.53		
	Li Hang Sum	李恒森	MKMC	1:07.05		
	Ng Chit	吳喆	YWC	1:07.57		
	Young Wing Fung	楊穎鋒	MKC	1:12.17		
	Chan Yung Yuen	陳勇元	LSC	1:13.29		
	Lee Ka Sen	李嘉宸	CSWCSS	1:15.76		
	Zhou Chun Fung	周晉鋒	TPSY	1:18.51		
	Yu Ming Hei	余銘浹	WYK	1:18.63		
	Lau Tsun Fung	劉浚鋒	TPSY	1:19.97		
	Li Junyan Aaron	李俊延	SPCC	1:20.08		
	Chung Matthew Chak Hei	鍾澤晞	PKC	1:22.54		
	Wong Long Hymn Joshua	王朗謙	PCMS	1:23.76		
	Yim Jed Yan Kit	嚴仁傑	PCMS	1:25.65		
	Ng Siu Chit	吳兆哲	LSC	1:26.19		
	Tsang Auscar	曾竟瑋	LTFC	1:29.70		
	Lee Gwan Hou	李均昊	PKC	1:33.99		
	Lam Wai Yiu	林煒堯	SPCC	1:37.70		
	Li Kwan Yiu	李鈞堯	LTFC	1:38.25		
	Chiu Chun Hei	趙駿羲	MCDHMC	1:46.52		
	Kam Cheuk Wai	金倬瑋	MCDHMC	2:04.79		
	Yau Wing Chun	游穎臻	CYSS	-	ABS	
	Ng Tsz Yui	伍子睿	WYK	-	ABS	

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[Results]

Event 16 100m Manikin Carry with Fins Girls Senior Final				Record:	1:07.02	
Position	Name	School		Time	Remark	Score
1	Fung Suet Ying Chloe	馮雪瑩	DGS	1:05.73	New Record	9
2	Wong Hin Yi	王騫怡	DGS	1:08.24		7
3	Chan Sze Wing Wincy	陳思穎	GHS	1:11.60		6
4	Kam Peony Mo Cheuk	甘慕芍	TLMSHK	1:13.32		5
5	Choy Man Yi	蔡曼怡	JCTIC	1:13.88		4
6	Hui Yan Ching	許茵晴	HYS	1:16.47		3
7	Wong Wing	黃穎	HYS	1:18.72		2
8	Yu Yuet	余悅	PLHKS	1:19.57		1
	Yeung Yuet Fei Phoebe	楊悅霏	PCMS	1:20.20		
	Chan Hei	陳曦	SPCC	1:21.46		
	Chiu Yan Po Claudia	招恩寶	GHS	1:23.21		
	Yau, Tsoi Man	邱采汶	CREATIVE	1:24.47		
	Chuk Cleopatra	祝康蕎	JCTIC	1:30.99		
	Cheung Tung Yiu	張童堯	LTFC	1:34.96		
	Fan Coco Ho Ching	樊可程	TLMSHK	1:37.30		
	Wong Hoi Ching	黃凱晴	HoYu	1:42.05		
	Seo Kate Lee Taeyi	徐泰怡	PKC	1:45.65		
	Cheung Wing Kiu	張詠蕎	LTFC	1:48.97		
	Siu, Hoi Lam	蕭凱琳	CREATIVE	1:51.48		
	Wong Hoi Ying	王愷瑩	PKC	1:59.22		
	Tong Ki Ki	湯棋棋	SPCC	1:59.79		
	Tan Serena Elizabeth	陳思澄	MCS	2:01.51		
	Chow Tsz Kiu	周芷翹	MCDHMC	2:47.06		
	Lui Man Hei Jasmine	呂汶熹	PCMS	-		ABS
	Chui Tsz Ching	崔子晴	NYSS	-		ABS

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[Results]

Event 17 50m Manikin Carry		Boys Junior Final		Record: 36.83		
Position	Name	School		Time	Remark	Score
1	Han Pak Kiu	韓柏喬	DBS	33.87	New Record	9
2	Zhu Xiuping	朱修平	SJC	36.05	New Record	7
3	Lo Sui Hong	盧瑞康	YWC	36.82	New Record	6
4	Lau Ka Long	劉家朗	DBS	36.88		5
5	Lau Chi Shun	劉智淳	SJC	38.80		4
6	Lai Wing Fung	黎穎峰	LSC	40.79		3
7	Wong Tin Lun	黃天麟	WYK	44.05		2
8	Hui Man Wui	許鈺匯	YWC	44.20		1
	Chui Ho Yeung	徐皓暘	JCTIC	44.58		
	Han Hao	韓昊	LSC	44.96		
	Ho James On	何安	SPCC	46.28		
	Law Lok Him	羅樂謙	LTFC	48.06		
	Ma Pan Kwan	馬彬焜	DLS	49.42		
	Wong Tin Chak	黃天澤	JCTIC	50.68		
	Chan Ting Hei Milton	陳霆禧	SPCC	52.46		
	Liu Yuk Yiu	廖旭堯	PCMS	53.59		
	Tong Ho Yan	湯皓仁	LSKCC	54.69		
	Wong King Charles	黃敬恆	TPSY	56.16		
	Chu Tsz Wai	朱子維	PKC	1:03.84		
	Chung Yiu Tung	鍾耀瞳	LSKCC	1:03.91		
	Chan Yik Hong	陳奕匡	PKC	1:07.98		
	Cheung Kam Lam	張金霖	TPSY	1:16.17		
	Chen Chun Hing	陳俊興	MCDHMC	-	DQ	
	Chu Ching Yin	朱正彥	CSWCSS	-	ABS	
	Leung Tsz Ming Cyrus	梁子銘	CSWCSS	-	ABS	
	Fung Byron	馮浚銘	LTFC	-	ABS	
	Choy Ching Yin	蔡正言	WYK	-	ABS	
	Yeung Man Chi	楊文治	PCMS	-	ABS	

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[Results]

Event 18 50m Manikin Carry		Girls Junior Final		Record: 43.17		
Position	Name	School		Time	Remark	Score
1	Liu Hei Yu	劉熙渝	DGS	40.88	New Record	9
2	Leung Evita Yan	梁愷	DGS	40.93	New Record	7
3	Tse Lai Yiu	謝麗瑤	HYS	45.22		6
4	Yim Tsz Tung	嚴芷潼	HYS	47.62		5
5	Ng Wai Ting Tiana	吳蔚廷	GHS	48.53		4
6	Sin Cheuk Tung	冼芍瞳	TLMSHK	51.33		3
7	Chan Bernice	陳依呈	GHS	53.37		2
8	Kan Sum Yin	簡心彥	MCS	53.51		1
	Tang Tsz Kiu Xenia	鄧紫蕎	JCTIC	54.28		
	Chan Ching Sha	陳靖莎	JCTIC	56.64		
	Li Tsz Yee	李芷儀	MCS	1:02.89		
	Clarisse Poon	潘浹淳	SPCC	1:04.837		
	Au Hiu To	區曉陶	PKC	1:06.72		
	Siu Ka Ching	蕭珈晴	PCMS	1:06.87		
	Hui Nok Shiloh	許諾	SPCC	1:09.063		
	Wong Wing Kiu Christy	黃詠翹	LSKCC	1:12.41		
	Tam Hau Tung	譚考桐	LSKCC	1:12.69		
	Ling Shun Chi Sheri	凌淳智	TLMSHK	1:20.40		
	Dong Ka Kwan	董家君	PKC	-	DQ	
	Chan Yin Chi	陳彥之	PCMS	-	ABS	

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[Results]

Event 19 50m Manikin Carry		Boys Senior Final		Record: 34.35		
Position	Name	School		Time	Remark	Score
1	Leung Lok Hei	梁洛熙	TCSS	33.10	New Record	9
2	Chu Hon Hei	朱漢僖	SJC	33.24	New Record	7
3	Chung Hei Chit	鍾晞哲	SJC	33.55	New Record	6
4	Yau Pak Ho	丘栢濠	DBS	33.61	New Record	5
5	Cheng Cheuk Hin	鄭焯騫	JCTIC	34.31	New Record	4
6	Ling Haozhi	凌浩智	YWC	35.19		3
7	Hui Ching Ho	許証皓	DBS	35.39		2
8	Tai Chun Hei	戴雋曦	SPCC	35.41		1
	Lau Hin Chung	劉衍聰	JCTIC	35.85		
	Wong Ngai Lam	王藝霖	MKMC	36.14		
	Chan Wang Hei Terence	陳泓熹	YWC	37.46		
	Law Lok Hei	羅樂熙	SPC	38.15		
	Ng Matthew	吳朗軒	WYK	38.33		
	Tsai Ho Hin Ethan	蔡昊軒	LSC	38.71		
	Chan Yiu Cho	陳耀祖	TSSS	39.72		
	Kwong Chun Wai Harvey	鄺晉暉	LTFC	40.03		
	Lee On Kit	李安傑	CYSS	40.51		
	Kwok Man To Cedric	郭文韜	SPCC	40.70		
	Pau Sen Wai	包宸瑋	LSC	42.59		
	Leung Pak Kiu	梁珀翹	CSWCSS	44.57		
	Kwan Ho Yeung	關濤揚	SMCESPS	45.02		
	Chow Chun Hei	周駿希	WYK	47.27		
	Yau Wing Chun	游穎臻	CYSS	47.42		
	Tang Pak Ho	鄧百豪	DLS	47.97		
	Szeto Pak Hei	司徒柏晞	SPC	48.06		
	Lai Oscar Yat Kiu	黎逸橋	TSSS	48.51		
	Yim Jed Yan Kit	嚴仁傑	PCMS	48.88		
	Ye Chung Wan	葉松昀	PCMS	49.53		
	Ku Marco	谷朗霖	PKC	50.13		
	Kei Yin	紀彥	CSWCSS	50.68		
	Cheung Ching Ho	張政顥	LSKCC	51.02		
	Ng Cheuk Yin	吳卓彥	LSKCC	52.96		
	Chen Guanxi	陳冠希	LTFC	54.94		
	Wong Pak Lik	黃柏力	TPSY	56.17		
	Chiu Sung Fai	趙崇輝	SPKC	58.44		
	Chung Matthew Chak Hei	鍾澤晞	PKC	58.50		
	Kam Cheuk Wai	金倬瑋	MCDHMC	-	ABS	
	Kwok Tsun Hei	郭浚晞	MCDHMC	-	ABS	
	Hui Sui Wah	許瑞華	LC	-	ABS	
	Li Sheldon Tung Chun	李東俊	SMCESPS	-	ABS	

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[Results]

Event 20 50m Manikin Carry		Girls Senior Final		Record:	39.03	
Position	Name	School		Time	Remark	Score
1	To Wing Yan	杜泳昕	DGS	39.55		9
2	Chan Tsun Wing	陳綦穎	DGS	40.36		7
3	Tsui Choi Ching Sharon	徐彩晴	HYS	41.35		6
4	Lau Yui Sze	劉睿思	HYS	42.97		5
5	Leung Kai Sheung	梁啓雙	GHS	43.53		4
6	Kwong Yin Chun	鄺彥臻	GHS	45.00		3
7	Ho Yui Ki Yoki	何睿琪	SPCC	49.90		2
8	Chan Lok Sum Josie	陳樂心	MCS	49.91		1
	Siu, Hoi Lam	蕭凱琳	CREATIVE	52.84		
	Choy Yan Yue Cheryl	蔡恩予	PCMS	54.78		
	Tang Wai Hei	鄧蕙希	MCS	54.96		
	Chuk Cleopatra	祝康蕎	JCTIC	55.89		
	Leung Hoi Lam	梁凱琳	CREATIVE	56.70		
	Lin Yee Sum Rachel	連以心	PCMS	56.97		
	Fong Yik Tung	方奕苧	LSKCC	57.41		
	Wong Nga Ki	黃雅琪	LTFC	1:01.36		
	Tong Sin Hang	唐倩恒	LTFC	1:02.86		
	Lee Sum Yin	李芯賢	TLMSHK	1:05.03		
	Kristy Fung	馮琬淇	SPCC	1:10.31		
	Leung Cheuk Yin	梁芍然	LSKCC	1:11.73		
	Chow Tsz Kiu	周芷翹	MCDHMC	1:12.19		
	Chan Yan Hei	陳恩希	MCDHMC	1:35.10		
	Huang Apple	黃樂兒	DLS	1:45.56		
	Fung Wai Ching	馮蔚晴	HFTC	-	ABS	
	Wan Yat Hei	尹一希	TLMSHK	-	ABS	
	Leung Yan Yu	梁恩瑜	HoYu	-	ABS	
	Chan Hee Tung	陳熙潼	FKYC	-	ABS	
	So Wai Ching	蘇瑋澄	JCTIC	-	ABS	

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[Results]

Event 21 100m Manikin Tow with Fins Boys Junior Final				Record: 1:12.62		
Position	Name	School		Time	Remark	Score
1	Ho Tsz Hong	何梓康	SJC	1:07.33	New Record	9
2	Lin Pak Yin	林柏言	DBS	1:09.52	New Record	7
3	Chow Man Nok	鄒旻諾	YWC	1:14.40		6
4	Lau Chor Tik	劉礎迪	DBS	1:15.00		5
5	Lee Chak Fung Jaiden	李澤楓	SJC	1:15.07		4
6	Wan Lok Him	尹樂謙	PCMS	1:18.09		3
7	Ho Hei Yin Ryan	何曦賢	YWC	1:18.79		2
8	Li Yat Hei	李逸熙	LSC	1:25.13		1
	Chu Tsz Wai	朱子維	PKC	1:25.26		
	Tong Siu Chun Ethan	唐肇駿	SPCC	1:27.66		
	Ma Hoi Fan	馬凱勳	PCMS	1:29.20		
	So Tsz Chun	蘇梓駿	TPSY	1:32.82		
	Fong Pak Yin	方珀言	LTFC	1:36.47		
	Chan Chun Pang	陳振鵬	LSKCC	1:39.83		
	Tsui Pak Yin	徐栢言	JCTIC	1:55.38		
	Chan Chit On Lewis	陳哲安	PKC	2:22.82		
	Ho Fung Shing Joseph	何豐盛	LTFC	-	DQ	
	Lui Ka Hei	呂嘉熙	LSKCC	-	DQ	
	Tsui Ho Lai Harley	徐皓澧	SPCC	-	DQ	
	Ma Chun Hei Sidney	馬俊熹	TPSY	-	DQ	
	Lam Cheuk Ting	林卓霆	LSC	-	DQ	
	Chau Yuk Sum	周煜森	WYK	-	ABS	
	Wong Yu Hei	王汝熙	JCTIC	-	ABS	

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[Results]

Event 22 100m Manikin Tow with Fins Girls Junior Final				Record:	1:11.99	
Position	Name	School		Time	Remark	Score
1	Li Sum Yiu	李芯瑤	HYS	1:14.05		9
2	Li Cheuk Yiu	李卓瑤	HYS	1:16.00		7
3	Yip Tsz Laam	葉子嵐	DGS	1:16.01		6
4	Lee Cynthia Shin Kiu	李善喬	DGS	1:17.64		5
5	Hau Ting Ting Kitty	侯珽婷	GHS	1:20.27		4
6	Chien Janet Yichieh	簡呂潔	GHS	1:27.66		3
7	Leung Sum	梁芯	JCTIC	1:27.74		2
8	Liu Shannon Lai Yin	廖澧嫻	SPCC	1:33.80		1
	Liu Li Yin Uo	劉儷伊諾	PCMS	1:37.41		
	Mok Sum Yi	莫心怡	LSKCC	1:38.77		
	Wong Michelle Margaret	黃美澄	TPSY	1:40.39		
	Yim Choi Man	嚴采文	MCS	1:40.41		
	Li Tsz Yee	李芷儀	MCS	1:47.08		
	Qiu Caroline	邱子芮	SPCC	1:56.09		
	Yip Hei Yau	葉熙柔	TLMSHK	1:57.03		
	Cheung Hoi Ting	張愷廷	TLMSHK	2:00.09		
	Chiu Man Ching	趙敏晴	TPSY	-	DQ	
	Chan Ching Sha	陳靖莎	JCTIC	-	DQ	
	Wong Wing Kiu Christy	黃詠翹	LSKCC	-	DQ	
	Tang Hai Shuen Bernice	鄧瑤璇	LTFC	-	ABS	
	Wong Ka Lam	黃嘉琳	PCMS	-	ABS	
	Lee Lut Lam	李律霖	LTFC	-	ABS	

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[Results]

Event 23 100m Manikin Tow with Fins Boys Senior Final				Record:	1:01.77	
Position	Name	School		Time	Remark	Score
1	Cheng Chun Hong	鄭竣匡	SJC	59.80	New Record	9
2	So Chun Hin	蘇俊軒	DBS	1:01.93		7
3	Wong Ngai Lam	王藝霖	MKMC	1:04.96		6
4	Lee Donald Cheuk Yiu	李焯堯	SPC	1:05.68		5
5	Ip Ali	葉丞軒	LSC	1:05.81		4
6	Ko Chin Fung	高馥峯	SJC	1:06.22		3
7	Chan Sze Long	陳思朗	JCTIC	1:07.54		2
8	Lee On Kit	李安傑	CYSS	1:09.40		1
	Chong Chin Hin	鍾展軒	JCTIC	1:09.58		
	Lee Yat Yuen Yen	李日源	LSC	1:09.85		
	Chan Wah Royce	陳樺	DBS	1:11.82		
	Young Wing Fung	楊穎鋒	MKC	1:12.13		
	Cheung Pang Cho	張鵬礎	LTFC	1:15.72		
	Lo Man Hei	羅琬瑋	YWC	1:15.93		
	Leung Pui Yin	梁培彥	WYK	1:16.92		
	Tai Chun Hei	戴雋曦	SPCC	1:17.16		
	Lee Yan Wai Harrison	李胤煒	PLKNPL	1:17.27		
	Zhou Chun Fung	周晉鋒	TPSY	1:17.71		
	Yuen Chun Hei	阮俊熙	LSKCC	1:18.34		
	Fung O See Asaph	馮奧思	PCMS	1:21.29		
	Wong Wai Cheung	黃煒翔	PKC	1:21.46		
	Lau Tsun Fung	劉浚鋒	TPSY	1:22.95		
	Chan Wang Leong	陳弘亮	LTFC	1:23.92		
	Kwok Kin Wai	郭健唯	CSWCSS	1:27.40		
	Lee Chun Him	李俊謙	PCMS	1:27.48		
	Chan Lut Yin	陳律言	WYK	1:29.71		
	Ho Wing Fai	何永輝	MCDHMC	1:30.84		
	Lam Chin Yeung	林展揚	LSKCC	1:31.63		
	Chu Tsun Ho	朱浚濠	YWC	1:33.62		
	Loo Yuk Ching	盧煜正	CSWCSS	1:42.39		
	Seo Ayden Lee Taeiun	徐泰俊	PKC	1:46.23		
	Wan Chak Lam	溫澤林	TSSS	-	DQ	
	Szeto Pak Hei	司徒柏晞	SPC	-	DQ	
	Lai Oscar Yat Kiu	黎逸橋	TSSS	-	ABS	

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2023-2024

[Results]

Event 24 100m Manikin Tow with Fins Girls Senior Final				Record:	1:09.45	
Position	Name		School	Time	Remark	Score
1	Ng Sze Kwan	吳思鑾	HYS	1:09.58		9
2	Fung Suet Ying Chloe	馮雪瑩	DGS	1:10.90		7
3	Law Wai Lam	羅葦霖	GHS	1:14.12		6
4	Poon Lok Yan	潘樂恩	DGS	1:15.97		5
5	Chan Lok Yan Abby	陳樂昕	HYS	1:19.63		4
6	Yu Yuet	余悅	PLHKS	1:23.66		3
7	Chan Sum Yu	陳芯榆	MCS	1:23.86		2
8	Law Yui Ching	羅睿晴	JCTIC	1:27.15		1
	Wong Yuen Wing	王婉穎	GHS	1:27.17		
	Kan Ka Yi	簡嘉怡	LTFC	1:27.23		
	Ip Ling Yan	葉綾恩	JCTIC	1:29.06		
	Tong Ki Ki	湯棋棋	SPCC	1:29.29		
	Yeung Yuet Fei Phoebe	楊悅霏	PCMS	1:29.71		
	Ng Suet Ying	伍雪盈	PCMS	1:34.86		
	Lee Wing Tung	李詠彤	SPCC	1:35.84		
	Yuen Pui Yin	阮配賢	LTFC	1:40.36		
	Kong Hui Ching	江栩靖	TLMSHK	1:40.51		
	Lau Sze Lam	柳詩琳	TLMSHK	1:41.71		
	Wang Yan Lam	王恩琳	LSKCC	1:47.85		
	Liu Yat Hei Hayden	劉一希	MCS	1:52.69		
	Wong Hoi Ying	王愷瑩	PKC	1:55.27		
	Wai Hau Kiu	韋巧喬	LSKCC	2:07.11		
	Tsang Hei Tung	曾晞童	TPSY	2:15.38		
	Chan Yan Hei	陳恩希	MCDHMC	-	DQ	
	Fok Yan Kei Kristy	霍昕滌	PKC	-	DQ	
	Wong Hoi Ching	黃凱晴	HoYu	-	ABS	
	Fung Wai Ching	馮蔚晴	HFTC	-	ABS	

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2023-2024

[Results]

Event 25 200m Super Lifesaver		Boys Junior Final		Record: 2:38.96		
Position	Name	School		Time	Remark	Score
1	Lau Chor Tik	劉礎迪	DBS	2:32.62	New Record	9
2	Lin Pak Yin	林柏言	DBS	2:38.69	New Record	7
3	Chong Hin Yeung	鍾顯揚	SJC	2:41.12		6
4	Ho Tsz Hong	何梓康	SJC	3:03.13		5
5	Lai Wing Fung	黎穎峰	LSC	3:08.42		4
6	Hui Man Wui	許鈺匯	YWC	3:15.90		3
7	Han Hao	韓昊	LSC	3:16.19		2
8	Sum Alfred Kyle	沈逸熹	SPCC	3:22.52		1
	Yan Ho Yeung Ronald	殷皓陽	SPCC	3:25.66		
	Chan Yee Kin	陳貽健	LTFC	3:30.54		
	Lui Ka Hei	呂嘉熙	LSKCC	3:43.74		
	Hui Shing Ming	許丞銘	YWC	3:48.88		
	Chan Chun Pang	陳振鵬	LSKCC	4:10.62		
	Mok Po Kiu	莫溥橋	LTFC	-	DQ	

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2023-2024

[Results]

Event 26 200m Super Lifesaver		Girls Junior Final		Record: 2:51.96		
Position	Name	School		Time	Remark	Score
1	Li Sum Yiu	李芯瑤	HYS	2:51.53	New Record	9
2	Chan Yi Lok	陳懿樂	DGS	2:57.95		7
3	Leung Evelyn Yi	梁懿	DGS	3:01.38		6
4	Ho Pui Yan	何佩恩	HYS	3:14.39		5
5	Chung Wing Sum Hazel	鍾詠芯	GHS	3:16.94		4
6	Chan Oi Yin	陳愛妍	GHS	3:24.72		3
7	Mak Yi Ching	麥苡澄	LSKCC	3:40.86		2
8	Lee Wing Yau	李泳悠	TLMSHK	3:41.01		1
	Wong Tsz Huen	黃子萱	SPCC	3:42.22	DQ	
	Lam Tsz Ying	林梓英	PCMS	3:42.98		
	Chan Wing Yan Abigail	陳穎昕	SPCC	3:49.72		
	Zhang Qiaoruo	張巧若	TLMSHK	4:21.77		
	Li Hei Man	李瑋敏	LSKCC	-		

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2023-2024

[Results]

Event 27 200m Super Lifesaver		Boys Senior Final		Record: 2:36.91		
Position	Name	School		Time	Remark	Score
1	Chau Wesley	周泓匡	SJC	2:28.53	New Record	9
2	Cheung Cheuk To	張卓韜	SJC	2:37.39		7
3	Chan Wah Royce	陳樺	DBS	2:38.66		6
4	Cheung Hong Ching	張匡政	JCTIC	2:38.68		5
5	Tsang Kei Hon Ian	曾紀涯	YWC	2:41.83		4
6	Lu Pat Fan	盧不凡	DBS	2:46.85		3
7	Lee Donald Cheuk Yiu	李焯堯	SPC	2:46.94		2
8	Wong Nok Hei	王諾熙	JCTIC	2:54.94		1
	Chan Yi Hin	陳爾軒	YWC	3:00.51		
	Chan Torres	陳璟濤	LSC	3:06.47		
	Wan Chak Lam	溫澤林	TSSS	3:12.12		
	Tsang Wai Chun	曾淦潛	LTFC	3:12.44		
	Li Hang Sum	李恒森	MKMC	3:12.79		
	Chau Ho Nam	周浩楠	CSWCSS	3:22.95		
	Fung O See Asaph	馮奧思	PCMS	3:23.59		
	Chui Hoi Haang	徐海桁	CSWCSS	3:25.71		
	Lau Hoi Pak	劉海柏	LTFC	3:34.20		
	Wong Shing Chun Arthur	黃承進	LSC	3:53.47		
	Yu Ming Hei	余銘浹	WYK	-	ABS	
	Kwan Lai Kei Wesley	關禮麒	TSSS	-	ABS	

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2023-2024

[Results]

Event 28 200m Super Lifesaver		Girls Senior Final		Record: 2:42.30		
Position	Name	School		Time	Remark	Score
1	Ma Gilaine	馬紫玲	DGS	2:38.74	New Record	9
2	Leung Wing Tsun Rachel	梁穎濤	DGS	2:44.50		7
3	Au Hoi Sin	區海善	HYS	2:56.73		6
4	Chan Sze Wing Wincy	陳思穎	GHS	2:59.02		5
5	Chan Tsz Ching	陳芷晴	HYS	3:00.37		4
6	Kam Peony Mo Cheuk	甘慕芍	TLMSHK	3:10.17		3
7	Lau Yee Chun	劉宜蕓	GHS	3:14.61		2
8	Wong Wan Tung	黃允彤	JCTIC	3:14.93		1
	Ting Sin Heng Shannon	丁善珩	SPCC	3:16.30		
	Wan Tsz Wun Andria	溫子媛	MCS	3:21.23		
	Hui Choi Yan	許在妍	PCMS	3:24.63		
	Yau Tsz Pui, Percy	邱梓蓓	SPCC	3:30.17		
	Pok Man Yu	卜文俞	PCMS	-	ABS	
	Leung Yat Sum	梁一芯	TLMSHK	-	ABS	

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2023-2024

[Results]

Event 29 4x25m Manikin Relay			Boys Junior Final		Record:	1:37.16
Position	Name	School	Time	Remark	Score	
1	Diocesan Boys' School	DBS	1:24.70	New Record	18	
2	Ying Wa College	YWC	1:28.72	New Record	14	
3	St. Joseph's College	SJC	1:29.66	New Record	12	
4	La Salle College	LSC	1:43.01		10	
5	Lam Tai Fai College	LTFC	2:01.56		8	
6	Jockey Club Ti-I College	JCTIC	2:04.22		6	
7	St. Paul's Co-educational College	SPCC	2:10.73		4	
8	Tai Po Sam Yuk Secondary School	TPSY	2:18.98		2	
	Pui Ching Middle School	PCMS	2:32.74			
	Pui Kiu College	PKC	-	DQ		
	Cheung Sha Wan Catholic Secondary School	CSWCSS	-	ABS		
	STFA Lee Shau Kee College	LSKCC	-	ABS		
	Wah Yan College (Kowloon)	WYK	-	ABS		

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2023-2024

[Results]

Event 30 4x25m Manikin Relay			Girls Junior Final		Record:	1:57.27
Position	Name	School	Time	Remark	Score	
1	Diocesan Girls' School	DGS	1:47.25	New Record	18	
2	Heep Yunn School	HYS	1:54.69	New Record	14	
3	Good Hope School	GHS	2:08.01		12	
4	Jockey Club Ti-I College	JCTIC	2:09.83		10	
5	True Light Middle School of Hong Kong	TLMSHK	2:21.57		8	
6	St. Paul's Co-educational College	SPCC	2:32.04		6	
7	Pui Ching Middle School	PCMS	2:55.75		4	
	Maryknoll Convent School	MCS	-	DQ		
	STFA Lee Shau Kee College	LSKCC	-	ABS		

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2023-2024

[Results]

Event 31 4x25m Manikin Relay			Boys Senior Final		Record:	1:26.61
Position	Name	School	Time	Remark	Score	
1	Diocesan Boys' School	DBS	1:21.40	New Record	18	
2	Ying Wa College	YWC	1:22.25	New Record	14	
3	Jockey Club Ti-I College	JCTIC	1:25.03	New Record	12	
4	La Salle College	LSC	1:30.32		10	
5	St. Paul's College	SPC	1:35.78		8	
6	Wah Yan College (Kowloon)	WYK	1:38.22		6	
7	Tak Sun Secondary School	TSSS	1:42.61		4	
8	Pui Kiu College	PKC	2:12.00		2	
	STFA Lee Shau Kee College	LSKCC	2:17.50			
	Lam Tai Fai College	LTFC	-	DQ		
	St. Joseph's College	SJC	-	DQ		
	Pui Ching Middle School	PCMS	-	ABS		
	Cheung Sha Wan Catholic Secondary School	CSWCSS	-	ABS		
	MKMCF Ma Chan Duen Hey Memorial College	MCDHMC	-	ABS		

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2023-2024

[Results]

Event 32 4x25m Manikin Relay			Girls Senior Final		Record:	1:43.20
Position	Name	School	Time	Remark	Score	
1	Diocesan Girls' School	DGS	1:38.56	New Record	18	
2	Heep Yunn School	HYS	1:40.82	New Record	14	
3	Good Hope School	GHS	1:45.60		12	
4	Jockey Club Ti-I College	JCTIC	1:53.76		10	
5	Maryknoll Convent School	MCS	2:10.15		8	
6	True Light Middle School of Hong Kong	TLMSHK	2:12.36		6	
7	St. Paul's Co-educational College	SPCC	2:16.00		4	
8	Pui Ching Middle School	PCMS	2:30.80		2	
	Lam Tai Fai College	LTFC	2:55.17			

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2023-2024

[Results]

Event 33 4 x 50m Medley Relay			Boys Junior Final		Record:	1:45.25
Position	Name	School	Time	Remark	Score	
1	St. Joseph's College	SJC	1:42.11	New Record	18	
2	Diocesan Boys' School	DBS	1:43.51	New Record	14	
3	Ying Wa College	YWC	1:50.75		12	
4	La Salle College	LSC	1:52.00		10	
5	Pui Ching Middle School	PCMS	1:56.23		8	
6	STFA Lee Shau Kee College	LSKCC	2:03.05		6	
7	St. Paul's Co-educational College	SPCC	2:03.16		4	
8	Lam Tai Fai College	LTFC	2:09.05		2	
	Pui Kiu College	PKC	2:10.80			
	Tai Po Sam Yuk Secondary School	TPSY	2:23.65			
	Jockey Club Ti-I College	JCTIC	-	ABS		

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2023-2024

[Results]

Event 34 4 x 50m Medley Relay			Girls Junior Final		Record:	1:53.87
Position	Name	School	Time	Remark	Score	
1	Heep Yunn School	HYS	1:52.06	New Record	18	
2	Diocesan Girls' School	DGS	1:53.41	New Record	14	
3	Good Hope School	GHS	1:59.05		12	
4	St. Paul's Co-educational College	SPCC	2:09.12		10	
5	Pui Ching Middle School	PCMS	2:13.95		8	
6	STFA Lee Shau Kee College	LSKCC	2:16.216		6	
7	Maryknoll Convent School	MCS	2:27.768		4	
8	Pui Kiu College	PKC	2:28.94		2	
	True Light Middle School of Hong Kong	TLMSHK	2:32.55			
	Lam Tai Fai College	LTFC	-	ABS		
	Jockey Club Ti-I College	JCTIC	-	ABS		

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2023-2024

[Results]

Event 35 4 x 50m Medley Relay			Boys Senior Final		Record:	1:38.32
Position	Name	School	Time	Remark	Score	
1	Diocesan Boys' School	DBS	1:36.77	New Record	18	
2	St. Joseph's College	SJC	1:37.44	New Record	14	
3	Ying Wa College	YWC	1:40.47		12	
4	St. Paul's College	SPC	1:47.25		10	
5	La Salle College	LSC	1:48.47		8	
6	Lam Tai Fai College	LTFC	1:51.80		6	
7	St. Paul's Co-educational College	SPCC	1:55.28		4	
8	Pui Ching Middle School	PCMS	1:56.12		2	
	Jockey Club Ti-I College	JCTIC	1:58.59			
	Wah Yan College (Kowloon)	WYK	2:00.27			
	Pui Kiu College	PKC	2:01.13			
	STFA Lee Shau Kee College	LSKCC	2:03.99			
	MKMCF Ma Chan Duen Hey Memorial College	MCDHMC	-	ABS		
	Cheung Sha Wan Catholic Secondary School	CSWCSS	-	ABS		

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2023-2024

[Results]

Event 36 4 x 50m Medley Relay			Girls Senior Final		Record:	1:47.58
Position	Name	School	Time	Remark	Score	
1	Diocesan Girls' School	DGS	1:48.69		18	
2	Heep Yunn School	HYS	1:53.27		14	
3	Good Hope School	GHS	1:59.74		12	
4	Lam Tai Fai College	LTFC	2:05.86		10	
5	St. Paul's Co-educational College	SPCC	2:07.64		8	
6	Pui Ching Middle School	PCMS	2:09.60		6	
7	Jockey Club Ti-I College	JCTIC	2:12.55		4	
8	Pui Kiu College	PKC	2:21.48		2	
	STFA Lee Shau Kee College	LSKCC	2:21.52			
	True Light Middle School of Hong Kong	TLMSHK	2:25.23			

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2023-2024

[男子組隊際總成績 Team Result - Boys]

No.	Schools		Boys Senior	Boys Junior	Total
1	聖若瑟書院	SJC	97	117	214
2	拔萃男書院	DBS	92	115	207
3	英華書院	YWC	55	64	119
4	喇沙書院	LSC	29	42	71
5	賽馬會體藝中學	JCTIC	29	6	35
5	聖保羅男女中學	SPCC	5	30	35
7	聖保羅書院	SPC	30	-	30
8	九龍華仁書院	WYK	24	2	26
9	林大輝中學	LTFC	12	10	22
10	香港中文大學校友會聯會張煊昌中學	TCSS	18	-	18
11	香港培正中學	PCMS	2	11	13
12	中華基督教會銘基書院	MKC	12	-	12
12	新界喇沙中學	DLS	0	12	12
14	順德聯誼總會李兆基中學	LSKCC	4	6	10
14	馬錦明慈善基金馬陳端喜紀念中學	MCDHMC	0	10	10
16	聖瑪加利男女英文中小學	SMCESPS	8	-	8
17	東華三院李嘉誠中學	LKS	6	-	6
17	保良局馬錦明中學	MKMC	6	0	6
17	保良局顏寶鈴書院	PLKNPL	6	0	6
20	培僑書院	PKC	4	0	4
20	德信中學	TSSS	4	-	4
22	長沙灣天主教英文中學	CSWCSS	0	3	3
23	大埔三育中學	TPSY	0	2	2
24	聖公會陳融中學	CYSS	1	-	1
25	中華基督教會何福堂書院	HFTC	0	-	0
25	五育中學	NYSS	0	-	0
25	佛教大雄中學	BTHC	0	0	0
25	保良局甲子何玉清中學	PLKHYC	0	-	0
25	香港神託會培基書院	SPKC	0	-	0
25	獅子會中學	LC	0	-	0

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2023-2024

[女子組隊際總成績 Team Result - Girls]

No.	Schools		Girls Senior	Girls Junior	Total
1	拔萃女書院	DGS	141	137	278
2	協恩中學	HYS	95	104	199
3	德望學校	GHS	75	55	130
4	賽馬會體藝中學	JCTIC	20	27	47
5	香港真光中學	TLMSHK	22	24	46
6	香港培正中學	PCMS	27	18	45
7	聖保羅男女中學	SPCC	15	23	38
8	瑪利諾修院學校(中學部)	MCS	11	6	17
9	林大輝中學	LTFC	15	0	15
10	五育中學	NYSS	10	-	10
10	培僑書院	PKC	2	8	10
10	順德聯誼總會李兆基中學	LSKCC	0	10	10
13	五旬節林漢光中學	PLHKS	4	-	4
14	啟思中學	CREATIVE	1	-	1
15	大埔三育中學	TPSY	0	0	0
15	中華基督教會何福堂書院	HFTC	0	-	0
15	香港神託會培基書院	SPKC	0	-	0
15	恩主教書院	VC	0	-	0
15	粉嶺救恩書院	FKYC	0	-	0
15	馬錦明慈善基金馬陳端喜紀念中學	MCDHMC	0	-	0
15	喬色園主辦可譽中學暨可譽小學	HoYu	0	-	0
15	新界喇沙中學	DLS	0	-	0

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All Hong Kong Inter-Secondary Schools Life Saving Competition 2023-2024

[總成績 Overall Result]

	冠軍 CHAMPION	亞軍 SECOND	季軍 THIRD	殿軍 FOURTH
男子高級組 Boys Senior	聖若瑟書院 St. Joseph's College	拔萃男書院 Diocesan Boys' School	英華書院 Ying Wa College	聖保羅書院 St. Paul's College
男子初級組 Boys Junior	聖若瑟書院 St. Joseph's College	拔萃男書院 Diocesan Boys' School	英華書院 Ying Wa College	喇沙書院 La Salle College
女子高級組 Girls Senior	拔萃女書院 Diocesan Girls' School	協恩中學 Heep Yunn School	德望學校 Good Hope School	香港培正中學 Pui Ching Middle School
女子初級組 Girls Junior	拔萃女書院 Diocesan Girls' School	協恩中學 Heep Yunn School	德望學校 Good Hope School	賽馬會體藝中學 Jockey Club Ti-I College

總冠軍 Overall Champion

男子組 Boys	聖若瑟書院 St. Joseph's College
女子組 Girls	拔萃女書院 Diocesan Girls' School